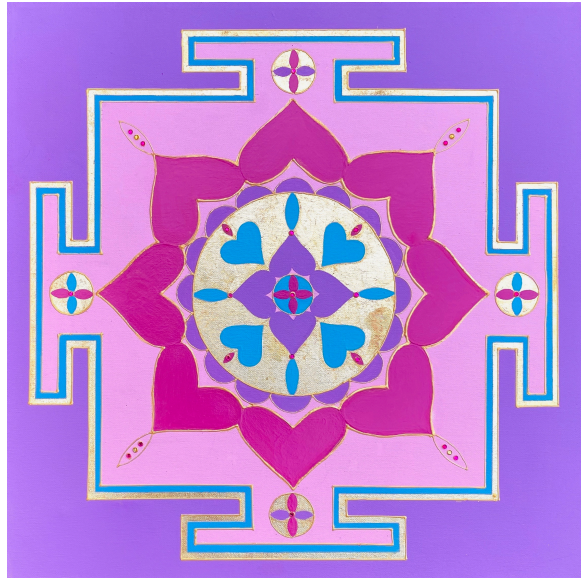


Self-Love Mandala

Map and Instructions



This mandala was given in a dream as a gift of love and healing. Encoded within the sacred geometry of this design is the healing blessing of self-love. My deepest prayer is that this mandala be a healing balm for your beautiful heart, lifting you into an awareness of your pure, holy light and helping you fall deeply in love with yourself.

How to use the mandala as a tool for healing.

Found in every spiritual tradition in the world, mandalas have long been used as tools for contemplation, meditation, and prayer. They are conduits of healing and transformation, portals to higher states of awareness and doorways to the mystical. Depending upon the particular sacred geometry held within the design, the act of creating the mandala can lift the the artist into experiences of deep peace, relaxation, wonder, joy, illumination, insight, devotion, delight, expansion, compassion, and love.

Creating a mandala is a living prayer, a joyful journey of self-discovery, a co-creative and delightful dance with the Divine. Are you ready to play?

Let's get started.

1. Come to this experience with an open and playful heart.
2. Print the black and white mandala map or template.
3. Begin by closing your eyes and placing one hand on your heart and one hand on the mandala. Offer a prayer asking for the expansion of self-love, self-kindness, and self-compassion.
4. Choose materials that spark your joy--colored pencils, pens, paint, even crayons. You can use anything!
5. Choose colors that sing to you, and begin adding color to the mandala. Simply begin by filling in the shapes. Follow your intuition and allow your beautiful heart to lead the way. Let your choices reflect the voice of your heart and the whispers of your soul.
6. Remember that you cannot do anything wrong. This is a tool for self-discovery, healing, expansion, and liberation. Simply open your heart, listen, and allow yourself to receive the blessing of this experience.
7. When you complete your mandala, place it where you can see it often. Take time to meditate with your mandala. Contemplate the image, listening for messages, wisdom, and insights. Open to receive Divine Love and Light. Each time you meditate or pray with your mandala, your beautiful heart will expand into greater and greater self-love.
8. Create as many mandalas as your heart desires. Each experience will be different, and each mandala will yield blessings and beauty beyond your imagining.

Celebrate your beautiful heart and love yourself without condition,
just as God does.

You are the light of the world.

Self Love Mandala Map

